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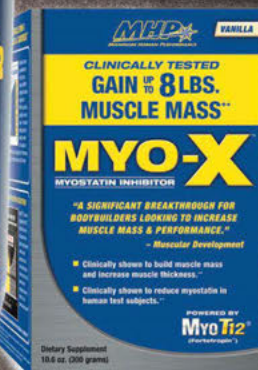
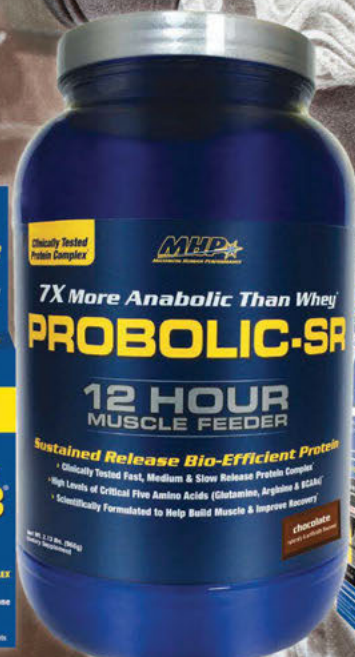


01>

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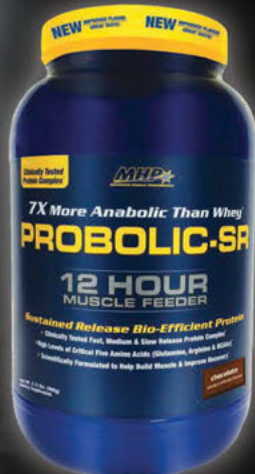


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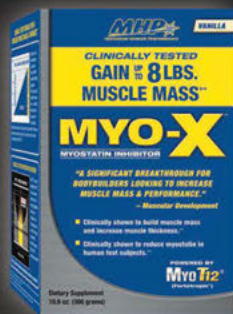


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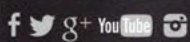
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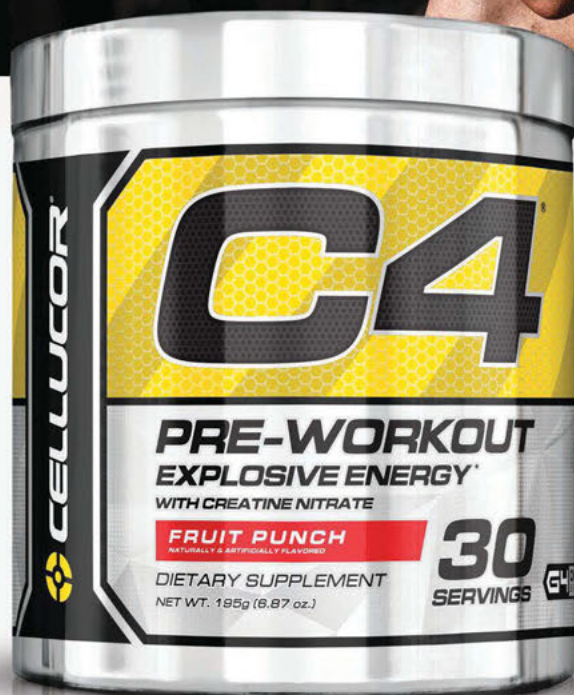
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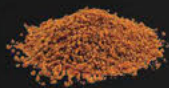
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[†] Jowko E, et al. (2011). Green tea extract supplementation gives protection against exercise-induced oxidative damage in healthy men. *Nutrition Research*. 31(11) 813-821.

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mg

GLUTAMINE



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JULY 2015

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Athlete: Sarah Grace

Photographer: Peter Lueders

Stylist: Elisabetta Rogiani

Trainer/athlete Sarah Grace shows you how to utilize CrossFit in your existing routine to craft a stronger, fitter physique.

“Consistently building strength and challenging your metabolic capacity will absolutely give you the body benefits that most people are looking to achieve.”

— Sarah Grace



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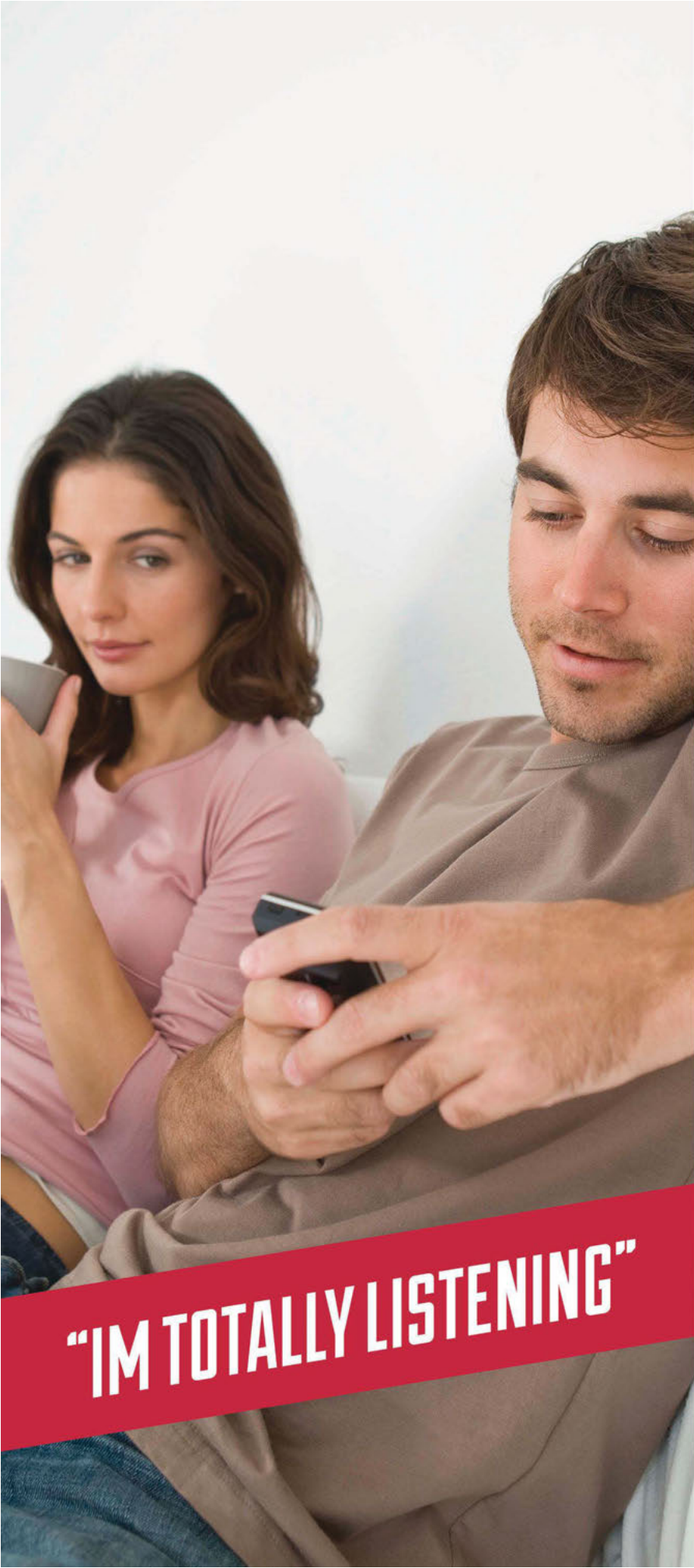
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» Does a 21 percent boost in training volume sound OK to you? If so, we've got a supplement for you to try: citrulline malate (CM). Citrulline was first isolated from watermelon and its name, derived from the Latin word *citrullus*, means watermelon. CM — a mixture of citrulline and malic acid — is easily absorbed and offers enhanced potency over citrulline alone. It can also boost training intensity by a few well-defined mechanisms, research shows.

Taken before training, CM increases the rate of phosphocreatine and ATP production, which translates to more energy and strength in the gym. In addition to boosting ATP, CM converts in the body to arginine, the precursor to nitric oxide (NO), which enhances blood and nutrient delivery to working muscles to help delay fatigue. Why not just take arginine? Because research suggests that CM supplements are more effective at increasing blood levels of arginine and NO than taking arginine itself.

A recent article published in the *Journal of Dietary Supplements* provides the latest support for CM as an ergogenic aid, specifically one that boosts training volume. Fourteen resistance-trained males participated in the randomized, counterbalanced, double-blind study. They were given either a placebo or 8 grams of CM and instructed to perform three sets each of pull-ups, chin-ups and push-ups to failure. One week later, they all swapped supplements and performed the same training protocol. Study authors reported that **CM supplementation increased the number of reps performed for all exercises by up to 21 percent.** Just like that, 10 pull-ups turns into 12! How's that for a back-training boost?

ACTION POINT: To take advantage of all citrulline malate has to offer, take 3 to 8 grams 30 to 60 minutes before training.

STRENGTH BOOSTER Hydro-Charged Protein

» With all of the protein supps on the market today, it's difficult to decide which is best for your personal goals. Thankfully, protein supplement research has exploded in the past decade to identify several differing roles for the many protein sources available.

One source in particular is whey protein hydrolysate. "Whey hydro," as it's commonly called, is made from whey isolate via a predigestion process. This processing requires special enzymes that break down the protein, resulting in the production of peptide fractions (short chains of amino acids).

Because these fractions are of low molecular weight, they pass through digestion quickly. In fact, small di- and tri-peptides absorb faster than any other protein or amino acid supplement available. As a result, whey hydro ingestion pushes water into muscle cells, speeds recovery and sends signals for increased anabolic drive.

The most recent research published in *The Journal of Functional Foods in Health & Disease* explains that, compared to whey protein isolate, **whey hydro has the unique ability to preserve strength during high-intensity, muscle-damaging eccentric exercise** and speed recovery. This is great news for strength athletes competing in back-to-back events and athletes who train twice a day.

ACTION POINT: To boost recovery, we always recommend taking 30 to 40 grams of high-quality protein immediately after training. To preserve strength and jump-start recovery, make sure that 25 grams of your postworkout protein shake consist of whey protein hydrolysate. Try making your own blend or buying a preblended protein powder that contains whey hydro.

MAX STACK

Naturally Amped

» For the fitness-minded vegetarian or vegan in search of an all-natural product, a trip to the sports nutrition store can be perplexing, not to mention discouraging. Besides the fact that most protein powders are dairy based, the hugely popular category of preworkout supplements often contains various artificial sweeteners and stimulants. Fortunately, all-natural ingredients that offer clean energy for intense workouts and sustained performance-enhancing benefits *do* exist. Here are a few of them:

Yerba Mate Yerba mate contains caffeine and xanthine alkaloids that provide long-lasting stimulant effects, and it has been scientifically proven to increase alertness, focus and exercise intensity. Yerba mate also has a high antioxidant capacity to fight cell-damaging free radicals, which may serve to enhance exercise performance and recovery.

Green Tea This traditional Asian elixir is a well-documented fat burner, and is useful preworkout as a means of providing energy and focus similar to yerba mate. Green tea also bolsters immune system function due to its polyphenols and antioxidants. Research shows that **taking green tea extract combined with caffeine-containing supplements (like yerba mate) before exercise synergistically increases fat burning** and energy levels. You'll be hard pressed to find a natural supplement ingredient with more physique-enhancing benefits.

Rhodiola Extract Rhodiola rosea is a potent herbal adaptogen that increases the body's ability to handle stress and fatigue. Adaptogens have been noted to increase energy and focus as a result of their effects on neurotransmitter release in the brain. Beyond that, studies show that rhodiola supplementation before exercise increases mitochondrial respiration in muscle and time to exhaustion, and may improve recovery.

Find these ingredients and others in:
Vega Sport Pre-Workout Energizer





BTM

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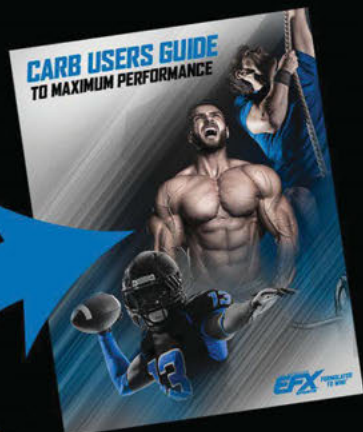
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FIT LIST **CHAIN CHOICES**

Is fast food the best decision you can make at mealtime? No. But the occasional visit to the drive-thru on your way home from work doesn't have to ruin your physique. The key is finding the relatively healthy food options amid all the junk food on the menu. Not always easy, but the following list of WebMD's "10 Best Fast Food Meals" should provide an easy cheat sheet for minimizing the damage of your next trip to a chain restaurant.

- 1 Chick-fil-A Grilled Chicken Sandwich and Fruit Cup**
400 calories, 30 g protein, 65 g carbs, 3.5 g fat, 6 g fiber
(without BBQ sauce)
- 2 Wendy's Chili-Topped Potato**
460 calories, 21 g protein, 80 g carbs, 6 g fat, 12 g fiber
- 3 KFC Grilled Chicken Breast with Mashed Potatoes, Corn on the Cob**
430 calories, 41 g protein, 49 g carbs, 10 g fat, 5 g fiber
- 4 Chick-fil-A Chick-n-Minis Breakfast**
260 calories, 14 g protein, 30 g carbs, 10 g fat, 1 g fiber
- 5 Jack in the Box Chicken Teriyaki Bowl**
585 calories, 25 g protein, 106 g carbs, 6 g fat, 4 g fiber
- 6 Chick-fil-A Chargrilled Chicken Cool Wrap**
470 calories, 33 g protein, 64 g carbs, 12 g fat, 10 g fiber
- 7 McDonald's Southwest Salad and Fruit n Yogurt Parfait**
480 calories, 34 g protein, 61 g carbs, 11 g fat, 7 g fiber
- 8 Burger King Veggie Burger and Garden Salad**
450 calories, 26 g protein, 52.5 g carbs, 12.5 g fat, 10 g fiber
- 9 Subway Veggie Delite Sandwich and Tomato Orzo Soup**
360 calories, 14 g protein, 69 g carbs, 3.5 g fat, 7 g fiber
- 10 Taco Bell Chicken Fresco Burrito Supreme and Pintos 'n' Cheese**
520 calories, 28 g protein, 69 g carbs, 15 g fat, 17 g fiber

47

Percent decrease in the likelihood of developing heart disease by those who followed a Mediterranean diet over a 10-year period compared to those who didn't, according to a study conducted at Harokopio University in Athens, Greece. The subject sample consisted of 2,500 Greek adults ages 18 to 89.

12:1:1 RATIO

6.2G LEUCINE LOADED

12:1:1 RATIO LEUCINE LOADED

BCAA Peak™ contains an elite 12:1:1 ratio of branched-chain amino acids—including 6.2g of leucine, as well as 2.5g of l-glutamine per serving. While all BCAAs play an important role in muscle growth, it is leucine that has been shown to play the most critical role in stimulating muscle protein synthesis. Leucine is often regarded as the single most powerful muscle synthesizing amino acid.

Research shows that when an adequate amount of glutamine is ingested the body increases the rate of protein synthesis, speeds recovery time and increases the rate at which lean body mass is gained.

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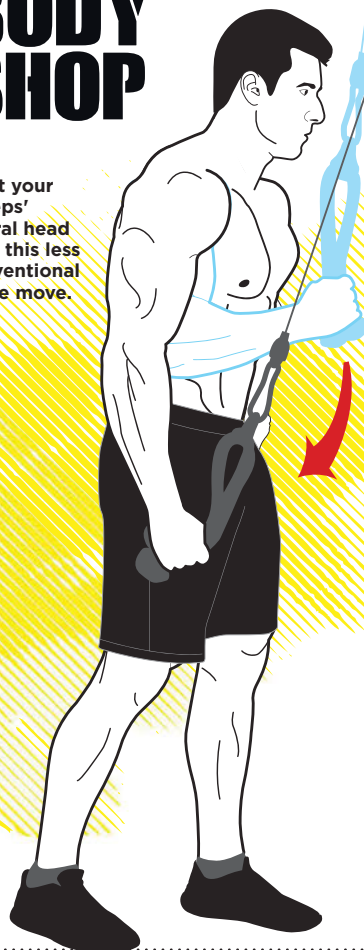
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Blast your triceps' lateral head with this less conventional cable move.



PULLEY POWER

One-Arm Rope Cable Pressdown

» Versatility. Convenience. Constant tension on each rep of every set. What's not to love about the ubiquitous cable crossover station? Here's a unique cable move — one you're probably not doing — to make you love this do-it-all machine even more.

Target: Triceps

- Secure a rope attachment to the highest setting on one side of a cable crossover station.
- Stand facing the weight stack and grasp both ends of the rope with one hand just above the rubber stoppers (or knots). Place your nonworking hand on your hip.
- Start with the weight off the stack and the forearm of your working arm just above parallel to the floor, elbow tight to your side. Keeping your upper arm stationary, contract your triceps to extend your elbow and press your hand toward the floor.
- Go to full elbow extension at the bottom and squeeze the contraction hard for a count. Slowly return to the start position and repeat for reps, then switch arms.

TRY THIS BAREFOOT CALF RAISES

» If your calves are genetically more bearish than bullish, you need to think outside the box when it comes to training them. More specifically, think *outside your shoes*. Many gyms require footwear, but try sneaking in at least a set or two of standing or seated calf raises in your bare feet. Believe it or not, this could help spur new muscle growth. Arnold Schwarzenegger famously brought up a lagging pair of calves during his bodybuilding career by hammering away at them, regularly doing calf raises wearing no shoes or socks. Coincidence? Maybe not.

"Doing calf raises barefooted forces the muscles to do more work," says Jim Ryno, a personal trainer and owner of luxury home-gym design firm Iron House in Alpine, N.J. (iron-house.co) "With bulky shoes not getting in the way, your range of motion will increase and you might even have better traction on the platform, which will allow you to 'dig in' a little more."

■ **ACTION POINT:** When training calves barefoot for the first time, ease into it. Pick one basic exercise to do shoeless (we recommend standing calf raises) and perform three to four sets of 15 to 20 reps. Do one or two other calf moves after that, but do them with shoes on. This new technique is sure to shock smaller muscles in the feet and lower legs, so don't do too much on Day 1. ■



For stubborn calves, try going back to bare.

Illustration by Paul Duarte



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[WORKOUT OF THE MONTH]



SOUTHERN CIRCUIT

Get in and out of the gym faster — without sacrificing an ounce of productivity — with this intensive leg-training circuit routine.

BY MICHAEL BERG, NSCA-CPT

The sound of waves crashing on the beach. The mouthwatering scent of a fired-up barbecue grill. The refreshing breeze and the warm sun on your face. Yeah, we know the feeling: Sometimes it's hard to get your rear in the gym when the weather's beautiful. But goals know no season, so taking a few months off certainly isn't an option. That being said, there's also no rule dictating exactly how long your training sessions have to be. So why not squeeze just as much workload into a shorter period, getting you in and out of the gym and back to enjoying summer sooner?

The lower-body regimen shown here does just that, condensing the typical high-intensity leg day into a fast-paced series of circuits that could be completed in a half-hour or

less, providing all the growth stimulus you need along with a summer-conditioning boost. You may not end up moving the same total poundage, but your legs will be none the wiser; we assure you that your postworkout gait will be as staggered and gelatinous as ever.

After a traditional warm-up of extensions and leg curls, move to the power rack for a trifecta of barbell squats, sissy squats (using the power rack frame as your anchor point) and dumbbell step-ups on a flat bench or other platform of similar height.

The third mini-circuit is all about the leg press, adjusting your foot placement to take aim at different areas of the thigh: A narrow stance targets the outer sweep of the quadriceps while a wide stance fires up the muscles of the inner thighs (the teardrop). At the end of each leg-press pairing, stay put and do calf raises to full-range-of-motion failure. Your rep totals may climb rather high if your calves are particularly strong, but that's OK; not changing the weight saves you from having to climb out of the seat part-way through the circuit.

The final circuit of the day pairs two hamstrings exercises with a walking dumbbell lunge that zeroes in on your glute-ham tie-in. If you use this program for an extended length of time, to elicit balanced development between your quads and hams you may want to move Circuit 4 up to the second position every third week or so. In that case, swap the lunges and step-ups so the walking lunges are still your very last exercise of the day.

By the way, if you love to tinker with your workouts and happen to have the gym to yourself, you can combine either Circuits 2 and 3 or Circuits 3 and 4, whichever sets up better as far as equipment in your facility being within relatively close proximity. In addition to cranking up the intensity another notch by reducing rest periods, it gets you out the door that much faster. ■

EXERCISE	SETS	REPS
Circuit 1 (warm-up):		
Leg Extension	2	20, 15
Seated or Lying Leg Curl	2	20, 15
Circuit 2:		
Barbell Squat	5	15, 12, 10, 8, 6
Sissy Squat	5	10-12
Dumbbell Step-Up	5	10-12
Circuit 3:		
Leg Press (feet narrow)	4	15, 12, 10, 8
Leg Press (feet wide)	4	15, 12, 10, 8
Leg Press Calf Raise	4	To failure
Circuit 4:		
Dumbbell Stiff-Legged Deadlift	3	12, 10, 8
Lying Leg Curl	3	12, 10, 8
Dumbbell Walking Lunge	3	20 steps

Note: Switch between exercises as quickly as possible within each circuit, and rest 30 seconds between circuits.

Photos by Robert Reiff

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AEROBIC CAPACITY

Boost your cardio with one of the most iconic (and effective) workouts known to man: the mile run.

BY JOE WUEBBEN

There seems to be a void in the cardio training spectrum at the moment, particularly where running is concerned. It resides somewhere between all-out, vomit-inducing intensity and long, slow, *are-we-there-yet?* road and treadmill sessions. In a world dominated by everything from

5Ks to ultras, one distance in particular seems to have gotten lost in the shuffle: the one-mile run. Sure, short sprints are great for developing power and strength and torching body fat, and long runs will always have their place for maximizing endurance, so feel free to incorporate both into your training. But don't forget to bridge the gap with

the intermediate, and perhaps more beneficial, 1,500-meter distance.

"I think the one-mile run is a really good indicator of overall fitness," says Robert Ciresi, a certified personal trainer at A Taylored Body gym in Riverside, Calif. (atayloredbody.com) "With a 400-meter dash you're going all out, but it's not long enough to get the effect of building up cardiovascular endurance. The mile, however, is long enough for those cardio adaptations to take place, but it's not so long to where you're dreading it, like with a three-mile run."

Indeed, the mile is a happy running medium that's both aerobic and muscle-friendly. A steady dose of 5K (or longer) runs doesn't exactly gel with a hypertrophy/strength-based lifting program. A sweat-breaking seven- to eight-minute mile run, on the other hand, should allow you to keep your size and strength while providing a welcome fat-burning jolt.

Another benefit of the mile is that it provides an easily measurable benchmark from which to chart subsequent progress, much like finding your rep max on the bench press and setting a goal to beat that number over time.

"As far as setting a goal, a mile run is one of the easier prescriptions for me to give to my clients," says Ciresi. "It's satisfying for them because they see the progress at the end of, say, four weeks, when they can run a mile in a significantly faster time than they could before. Personally, I think everybody should be able to run a mile in a decent time." ■

GET RUNNING

If you're ready to make the mile a regular part of your routine, follow these guidelines:

(PRE-) TEST YOURSELF First, get an official mile time under your belt so you know what number you need to improve on. You can run on either a track (four laps), a treadmill or a one-mile street route using a GPS-enabled app or website such as Strava (strava.com) or MapMyRun (mapmyrun.com). Write down your time. If it's slow, don't worry: It's only a starting point.

TRAIN FOR IT One approach to improving your mile time is to simply run the distance multiple times per week, aiming to run it faster each time. This is acceptable, but for less-conditioned individuals, Ciresi prefers shorter intervals and building up gradually to running the full mile. His recommended approach involves running three to four intervals per running session in this fashion: Week 1, run a

quarter of the track (100 meters) relatively hard, then walk the rest (300 meters) for each interval; from there, increase the running portion of the intervals by 100 meters (while decreasing the walking portion) each week until you're running four consecutive laps in the fourth week.

"With this walk-run approach, you build up your endurance through the intervals just like you'd add extra weight on a lifting exercise," Ciresi says. He recommends doing this running workout two to three times per week with at least one day between each session to ensure optimal recovery. Proceed with your regularly scheduled lifting workouts, but try to avoid heavy, intense leg training the same day as a running workout (or even the day before).

TEST AGAIN After four weeks, rest a couple of days and then take the one-mile run test under the exact same conditions as the pre-test. If you weren't a regular runner before, knocking one to two minutes (or more) off your mile time in this period is realistic.



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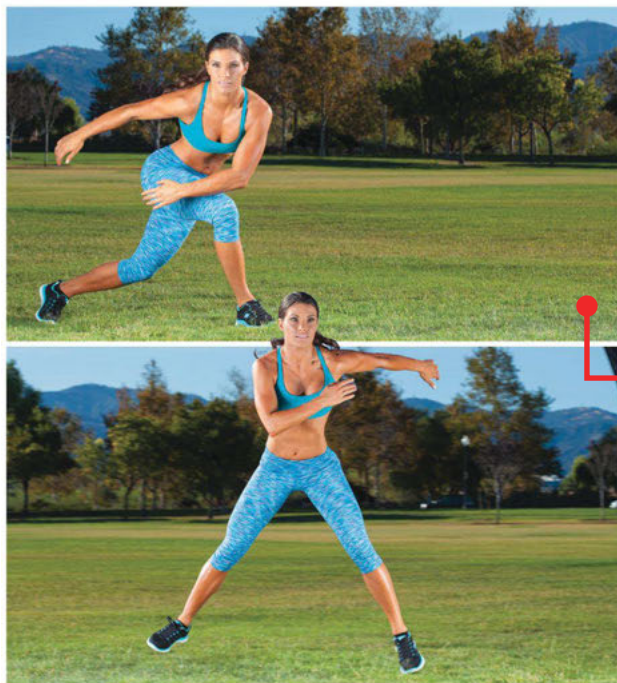
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JUMP TO IT

Use the power of plyometrics to increase metabolism, scorch calories and shape the perfect lower body.

BY LARA MCGLASHAN, CPT

Pssst! Here's the secret to developing that powerful, sculpted, fat-free lower body that Olympic sprinters boast: jump training.

Also known as plyometrics, jump training involves explosive compound movements done with just your body-weight or with a very light load. The goal is to achieve maximum force production in minimal time by quickly lengthening and then contracting your muscles. This works to increase the force and speed of your muscular action, boosting the power and strength of your lower half while elevating your heart rate and burning mega calories in the process.

And now there's recent research that could help you get fitter even faster. According to a study published in *The Journal of Strength and Conditioning Research*, doing smaller cluster sets of two to five reps resulted in participants being able to maximize their power with each jump and reach greater take-off velocity during the workout. Translation: more explosive power over the course of the workout and better lower-body results in less time!

As with any intense training, warm up thoroughly with some light cardio

followed by dynamic stretching for five to 10 minutes, *then* begin the workout. Do your first set of two to five reps, rest 30 to 45 seconds, then repeat for a total of 10 sets (or three to five if you're a novice). Incorporate one or two of these moves at the beginning of each gym workout when you're fresh, or give them their own training window up to twice a week, leaving at least two days of rest in between.

Speedskater

Stand with your feet together, arms at your sides. Leap to the right side, landing on your right foot, your arms crossing your body to the right and your left leg crossing behind your right leg. Descend into a modified lunge. Immediately leap to the left and repeat, using an aggressive arm swing and even cadence for the duration of the set.

Frog Leap

Squat down as low as you can, keeping your back straight and your chest lifted, then quickly extend your legs and leap forward as far as you can, using your arms to help generate momentum. Land softly and sink right down

into the next rep. This differs from the broad jump primarily in the depth of the squat.

Tuck Jump

Squat down about halfway to load your muscles, reaching your arms back, then extend your legs quickly and leap straight up, using your arms to help propel you upward. Quickly bring your knees toward your chest before extending your legs to land softly, and repeat immediately.

Switch Lunge

Stand with your right foot forward and left foot back in a wide lunge stance. Bend both knees and lunge toward the floor, then extend your legs quickly and leap straight up, using your arms to help propel you upward. Switch legs in midair so you land softly with your left foot forward and right foot back.

Bounding

On a straightaway portion of a road or track, begin by jogging, then make your strides longer and more exaggerated, driving your knees up with each stride and using your arms to drive forward and upward. ■

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Dedication — and lots of oatmeal — are to blame for all this muscle.



SAMUEL OKUNOLA

This IFPA pro discusses how BCAAs, deadlifts and oatmeal have helped build his champion physique.

BY JON FINKEL

The road to professional bodybuilding began in the simplest of places for Samuel Okunola (his father's basement) on the most basic piece of gym equipment (an old-school Joe Weider bench). After watching his father lift, 18-year-old Okunola got to work using just a few 25-pound plates and a bar with a plastic guard around it. It wasn't fancy, but it was enough. He had been bitten by the iron bug and the rest, as they say, is history.

Did you really get your first bodybuilding win at a college Greek Physique competition? What was it like?

Yes, it's true; I won my first two bodybuilding shows. It all started when I took a weight training class when I was a student at Northern Illinois University. I was in decent shape at the time, and my instructor approached me and asked if I ever thought about competitive bodybuilding. I was intrigued by the idea, even though I didn't have a clue about dieting and training.

What style of training did you adopt when you began to get serious about competing?

My workouts at the time followed the typical bodybuilding split: chest on Mondays, legs on Tuesdays, et cetera,

with the normal three to four sets and 10 to 12 rep ranges. I did get some results from that. Throughout the years, my training protocols have evolved to not just a specific training style but a plethora of styles.

What is the No. 1 lesson bodybuilding has taught you?

One of the lessons I have learned along the way is you have to have patience. We live in a culture where we want everything now. And my generation wants everything handed to us because we feel like someone owes us something because we are entitled to it. But nobody owes you anything. Nothing in life is free. You have to hustle, grind and fight for what you want in life.

What are some foods and supplements that you can't live without?

First and foremost, you will never catch me without my Xtend BCAAs or Xtend RTDs by Scivation. I also love oatmeal: I eat it for breakfast, snacks, lunch, dinner, anytime. It might sound like a lot of oatmeal, but I have varieties I like to choose from and I can even customize my own flavors, so it never gets boring. I also hardly ever go without fruits and vegetables, such as apples or grapes and spinach. Gotta get those micronutrients in!

Do you have a favorite bodypart to train?

My favorite bodypart is back and my favorite movement for that is deadlifts. A weakness of mine that I have always tried to bring up is my posterior development. So during my last off-season I started incorporating variations of deadlifts into my hamstrings and back routines. On hamstring days I will add in conventional or sumo deadlifts depending on how my body feels. ■

SAM OKUNOLA

Birthdate: Dec. 28, 1983

Birthplace: Nigeria

Current Residence: Chicago

Height: 6'1"

Weight: 206 to 212 pounds (contest); 230 pounds (off-season)

Contest Highlights: 2014 IFPA Pro North American, overall winner; NGA Titan Classic, overall winner

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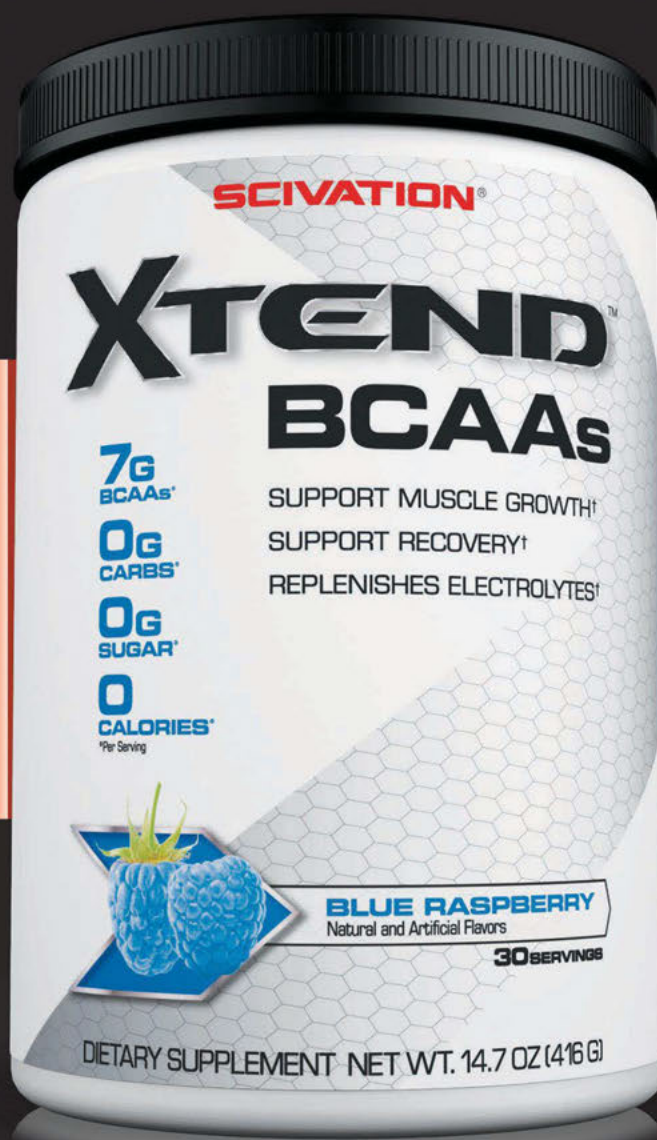
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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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GET TO KNOW: NUTRIFORCE SPORTS

This division, launched in 2013, is looking to set the nutritional bar for functional fitness and adventure athletes.

BY JILL SCHILDHOUSE



YEARS IN BUSINESS While NutriForce Sports first launched in 2013, its parent company Nutriforce Nutrition has been manufacturing products for other companies in its state-of-the-art cGMP facilities for over a decade.

NUMBER OF EMPLOYEES More than 400 employees in the warehouse, lab and office; a roster of nearly 80 athletes and coaches (CrossFit, gymnastics, weightlifting); and 15 members on its promotional and management teams (RhinoCo Fitness and Nutriforce Nutrition).

BEST-SELLING PRODUCTS NutriWhey protein is naturally flavored, has no artificial sweeteners, and includes flavors such as café cream and chocolate with chocolate shavings. WODPak is a multivitamin packet that includes 5,000 IU vitamin D, a RichBerry capsule for antioxidants from fruits and vegetables, and a softgel with 1,200 milligrams of omega-3s along with vitamins and minerals.

NEWEST PRODUCTS Balanced Hydration — formulated with Kelly Starrett, who has a doctor of physical therapy and is a *New York Times* best-selling author — promotes daily hydration and water absorption, keeping athletes hydrated long before their workouts. Joint Support includes BioCell Collagen, which yields a naturally occurring combination of ingredients for supporting connective tissue, joint fluidity and joint health; Polycan to support bone and immune health; and Osamine, a pharmaceutical-grade glucosamine that undergoes more regulation than any other form of glucosamine to ensure the highest levels of purity and product quality.

FUNCTIONAL FITNESS NutriForce Sports seeks to not only further its support of the functional fitness community but also extend its reach to those involved in every facet of fitness, from obstacle course racers and cyclists to weekend warriors and athletes. Anyone involved in almost any form of competition or exercise who wants the most advanced formulas for strength and conditioning — without artificial sweeteners, colors or flavors — can benefit from using products available from NutriForce Sports.

COMING SOON “Be on the lookout for a new nutritional supplement for an often overlooked category in recovery later this year,” says Dustin Elliott, product development for Nutriforce Nutrition.

BODY BATTLES NutriForce Sports will sponsor fitness events such as the Europa Throwdown (a functional fitness competition) and BattleFrog (an obstacle course race designed by Navy SEALs) all over the country. This month NutriForce is expecting big things from 2014’s runner-up and two-time Fittest Woman on Earth Annie Thorisdottir, and the two top rookies who took the CrossFit Games by storm: second-place finisher Mat Fraser and eighth-place finisher Noah Ohlsen (who led the pack for one of the three days of competition). ■

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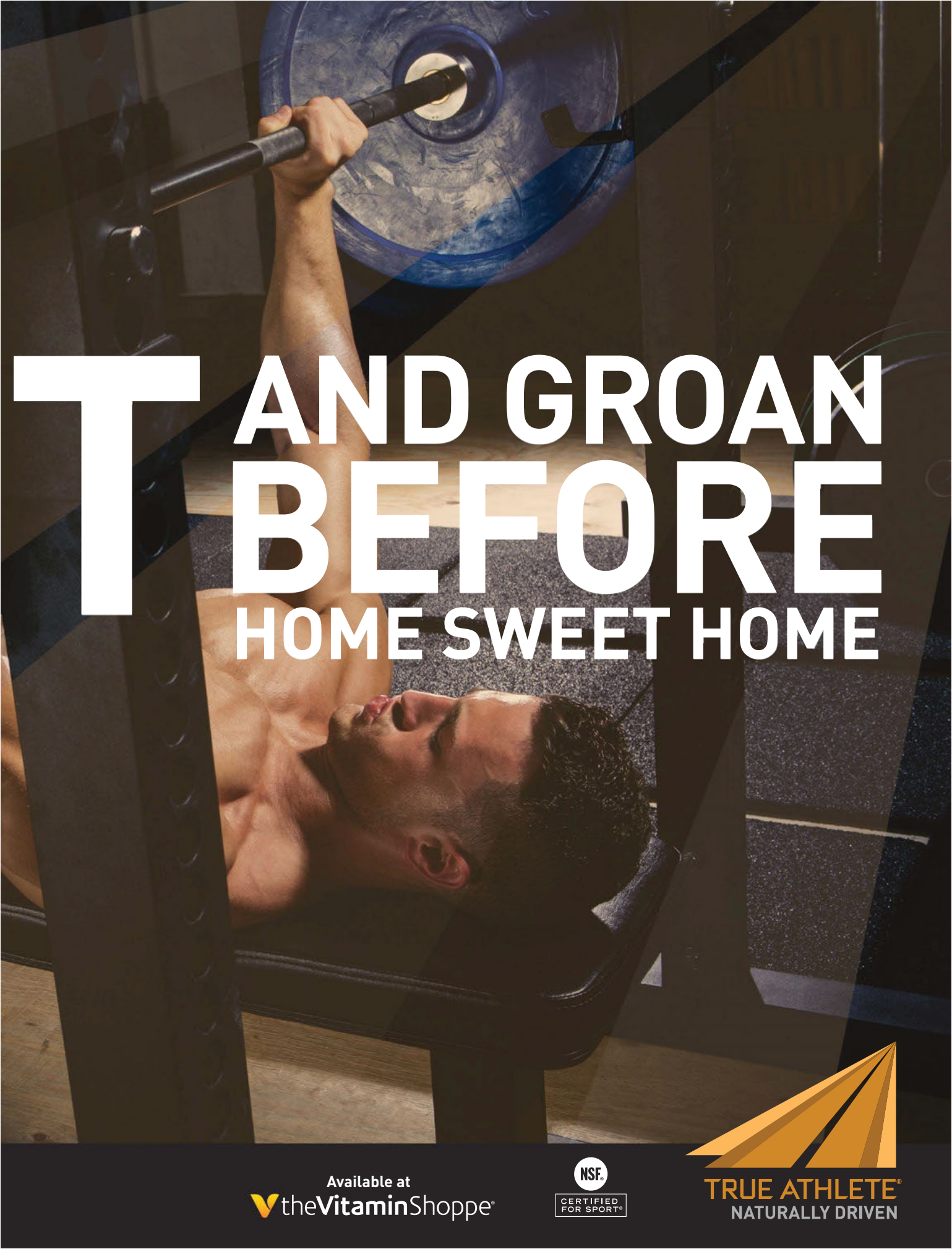


A person is shown from the waist down, performing a deadlift. They are holding a barbell with a large blue weight plate. The person's legs are bent, and they are in a powerful stance. The background is dark, suggesting a gym environment.

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CROSSFIT INFUSION

Want to look like you do WODs every day, even when you don't? Here are four ways to incorporate CrossFit into your current program for a fitter, leaner body.

BY C.J. LOGAN • PHOTOGRAPHY BY PETER LUEDERS



THIS IS NOT A CROSSFIT ADVERTISEMENT.

We're not suggesting that you run to the nearest affiliate and sign up for a membership. In fact, this article is *not* for the person who wants to dive headfirst into high-intensity WODs (the acronym for "workout of the day"). It's for those of you who have decided that orthodox CrossFit programming just isn't for you: It's too intense, it's too expensive, you like the results you're getting from your current routine, whatever the reason.

That said, CrossFit offers undeniable benefits that any gym-goer can appreciate, fat burning being the most visible of them. "That's one of the best things about CrossFit," says Robert Ciresi, a regular CrossFitter who also trains clients full time at the non-CrossFit gym A Taylored Body in Riverside, Calif. (atayloredbody.com) "It puts you in that metabolic

state where the body is burning calories and fat more efficiently than with most other training protocols. I train people every day who don't want to do CrossFit, but I incorporate CrossFit principles into their workouts to enhance results. Exercise science is constantly moving forward with training methodologies and identifying the most effective ways to exercise. It's best to embrace it and try some of these things out to see how they work for you."

Fortunately, you don't have to do full-bore CrossFit workouts to reap the benefits of enhanced overall fitness and fat burning. By simply infusing your current routine with one or more of the following fundamentals, you can become more well rounded in your training and start getting leaner in no time, minus the pricey membership dues.

CrossFit Infusion #1: Do Timed Workouts

WHY TO DO IT A vast majority of CrossFit workouts have you racing against the clock as a means of "increasing work capacity across broad time and modal domains," which is the overriding goal of CrossFit as articulated by its creator Greg Glassman. In practice, this most often involves doing

as many reps or rounds as possible (AMRAP) in a set number of minutes (seven, 12, 20, etc.), completing x number of rounds for time or running a specified distance and shooting for a PR. Typically, the only WODs devoid of a time element are heavy, low-rep strength and power sessions.

"What a timed workout does is push you beyond what you would normally do, because now there's a clock running and there's a greater sense of urgency," says Ciresi. "This ups the intensity big time, and you put yourself in a whole different category for burning calories and body fat."

RACING THE CLOCK

WORKOUT 1: Upper Body

Following a sufficient upper-body warm-up...

AMRAP in 12 minutes of:

Pull-Up (strict) x 10 reps

Bench Press (135 pounds) x 15 reps

Rest three minutes, then...

Do four rounds for time of:

Overhead Press x 9 reps

Wide-Grip Upright Row x 15 reps

Sit-Ups x 18 reps

On weighted exercises, choose a weight that you can handle for approximately 15-20 reps, or 50-65 percent of your one-rep max (1RM). Add bodybuilding-style sets for chest, back and/or shoulders as desired to increase volume.



HOW TO DO IT A timed workout has no dedicated rest periods. That isn't to say you're not allowed to rest, just that you should take a break (a very short one) only when you absolutely need to or as a strategy for finishing a longer WOD in a faster time. Incorporating time-sensitive training into a non-CrossFit program can be achieved in a number of ways, including: 1) devising a circuit of exercises focused on one or two muscle groups and completing a specific number of rounds of the circuit

in as little time as possible; 2) completing your normal strength or bodypart-specific lifting session, then finishing your workout with a short "metcon" (another name for a timed CrossFit workout, stemming from the term *metabolic conditioning*); or 3) designating one day per week to do a longer metcon, aka a "chipper." The latter two examples often entail full-body workouts, another CrossFit hallmark, so keep that in mind when infusing your existing bodypart split with CrossFit-style training.

Jumping Jack



Kettlebell Swing



OR

With kettlebells you can choose the Russian (left) or longer American (right) variations.

RACING THE CLOCK *(continued)*

WORKOUT 2: Short Metcon

As a stand-alone workout...

AMRAP in 12 minutes of:

Bodyweight Squat x 100 reps

Push-Up x 50 reps

Jump Rope x 75 single skips

WORKOUT 3: Full-Body "Chipper"

Following a warm-up, do these exercises for time as a complete workout, resting as needed...

Bodyweight Squat x 100 reps

Push-Up x 90 reps

Sit-Up x 80 reps

Jumping Jack x 70 reps

Kettlebell Swing x 60 reps

Burpee x 50 reps

Push Press x 40 reps

Bent-Over Row x 30 reps

Box Jump x 20 reps

Thruster (front squat+overhead press) x 10 reps

On weighted exercises, choose a weight that you think you can handle for the prescribed number of reps. If you fail before your target number of reps, pause for a few seconds and then continue. Do this as many times as necessary to reach your target but do so sparingly, since the workout is timed. If you have to take too many breaks, simply reduce the weight the next time.

CrossFit Infusion #2: Simplify Your Exercise Menu

WHY TO DO IT CrossFitters have a vast array of exercises they perform over the course of weeks, months and years, but a typical WOD (chippers notwithstanding) usually consists of three exercises or less. This is a departure from a standard bodypart-focused workout, which includes at least this many moves *per bodypart* to hit the muscle group from various angles in every workout. This rationale is valid, particularly for a physique-minded athlete who seeks muscular balance, symmetry and maximal development. But there's also something to be said for focusing on only one angle in a workout, then focusing on a different angle the next time out.

Ciresi is a big fan of keeping ex-

ercise count to a minimum while adhering to a non-CrossFit training program. In fact, the protocol of doing only one movement per bodypart per workout is "one of the best programs I've ever done," he says. "Because you're concentrating on just that one exercise, now you're talking about your weights really getting heavier and you start getting stronger right away."

HOW TO DO IT The program Ciresi speaks of is a two-day split in which back, chest, biceps and calves are trained on Mondays and Thursdays; and shoulders, triceps, thighs (quads and hamstrings) and abs are worked on Tuesdays and Fridays. Each bodypart gets one exercise, but

it changes every workout. For example, if you do the incline bench press on Monday for chest, you wouldn't do it on Thursday and it probably shouldn't be done the next week, either. "So it's a little bit like CrossFit if you want to think about it in terms of constantly changing what exercises you're doing," says Ciresi. "You aren't just beating the crap out of the bench press all the time."

How many sets and reps you do per exercise depends on the training goal. For muscle endurance and calorie-burning, Ciresi prefers five sets of up to 15 reps per move; for size, four sets of eight to 12 reps; for strength, four sets of five to seven reps; and for power, five to seven sets of up to three reps.

ONE MOVE PER MUSCLE

MONDAY: *Back+Chest+Biceps+Calves*

EXERCISE	SETS	REPS
Lat Pulldown	4	10
Incline Bench Press	4	10
Seated Dumbbell Curl	4	10-12
Standing Calf Raise	4	12

TUESDAY: *Shoulders+Triceps+Quads+Hamstrings+Abs*

EXERCISE	SETS	REPS
Dumbbell Overhead Press	4	10
Triceps Pressdown	4	10-12
Leg Press	4	10
Lying Leg Curl	4	10-12
Hanging Leg Raise	4	12

On Thursday and Friday substitute different exercises for each bodypart, such as bent-over or cable rows for back, dumbbell bench presses for chest, squats for legs, etc.



TRAIN INSANE

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CrossFit Infusion #3: Do More Bodyweight Exercises

WHY TO DO IT CrossFit programming is rich in bodyweight moves such as pull-ups, push-ups, dips and squats, and for good reason: These movements train the body in an extremely challenging, functional way. And while such exercises have been around forever and are employed in virtually every serious training protocol, they tend to be underutilized by non-CrossFitters with strength and physique objectives.

Sure, you see lifters doing pull-ups, inverted rows and bodyweight-only ab exercises frequently, but how often do bodybuilder types work handstand push-ups, burpees or box jumps into their routines? Rarely, we contend. These moves aren't just for sport athletes, boot camp class and CrossFitters, though; they're also great for building muscle (depending on the exer-

cise) and torching body fat.

"I've always been a big proponent of doing pull-ups, sit-ups and push-ups as the basis for any program, bodybuilding, athlete training, whatever," says Ciresi. "You should always have these moves in your arsenal. They get other stabilizers involved besides just the target muscles, and they make all your other lifts better. Increasing the number of push-ups you can do can increase the amount of weight you can bench press. Burpees are great, too: It's one of those exercises everybody hates, but it's beneficial for anybody to be able to get down on the ground and get back up."

HOW TO DO IT Bodyweight exercises can be inserted seamlessly into an existing program in a variety of ways. They can be worked into a bodypart split

in addition to free-weight and machine moves, such as doing pull-ups on back day, handstand push-ups for shoulders, box jumps for legs, and standard or feet-elevated push-ups in a chest workout. When you're unable to get to the gym, bodyweight moves can be used exclusively to provide a full-body workout at home or in a hotel room. For cardio training, exercises such as burpees and jumping rope can serve as great alternatives to the treadmill or elliptical. One of Ciresi's favorite ways to incorporate bodyweight exercises is by supersetting them with traditional weighted lifts — following sets of bench presses with push-ups or lat pulldowns with pull-ups — to thoroughly exhaust a particular muscle group for gains in size and strength.

BODYWEIGHT BUILT

WORKOUT 1: Chest+Back

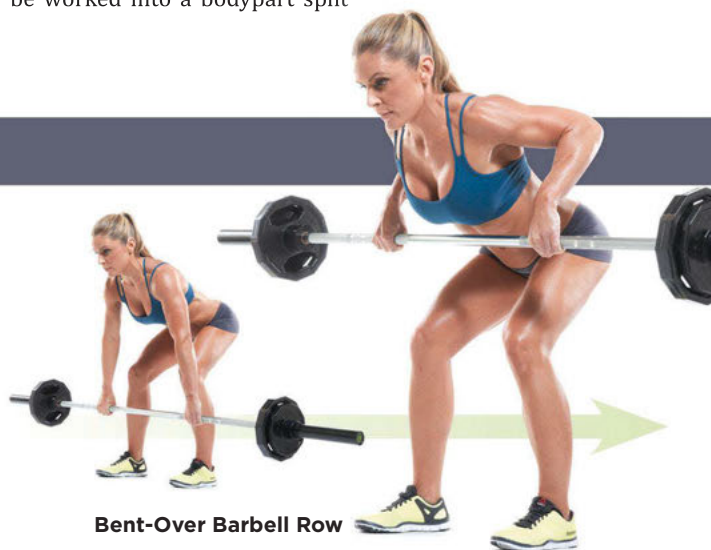
EXERCISE	SETS	REPS
Bench Press	3	8
-superset with-		
Feet-Elevated Push-Up	3	To failure
Lat Pulldown	3	10
-superset with-		
Pull-Up	3	To failure
Bent-Over Barbell Row	3	12
-superset with-		
Incline Dumbbell Press	3	12
Inverted Row	3	To failure
-superset with-		
Push-Up or Dip	3	To failure

WORKOUT 2: Quads+Shoulders

EXERCISE	SETS	REPS
Box Jump	3-4	5
Squat	4	8-10
Leg Press	4	10-12
-superset with-		
Bodyweight Squat	4	20
Leg Extension	3	15
Handstand Push-Up	4	To failure*
Dumbbell Overhead Press	4	8-10
Upright Row	3	10-12

*The handstand push-up is an advanced exercise, so expect rep counts to be low.

In each superset, rest only as long as necessary to transition to the second exercise. Rest 60-90 seconds after each superset and between all straight-set exercises.



Bent-Over Barbell Row



Incline Dumbbell Press

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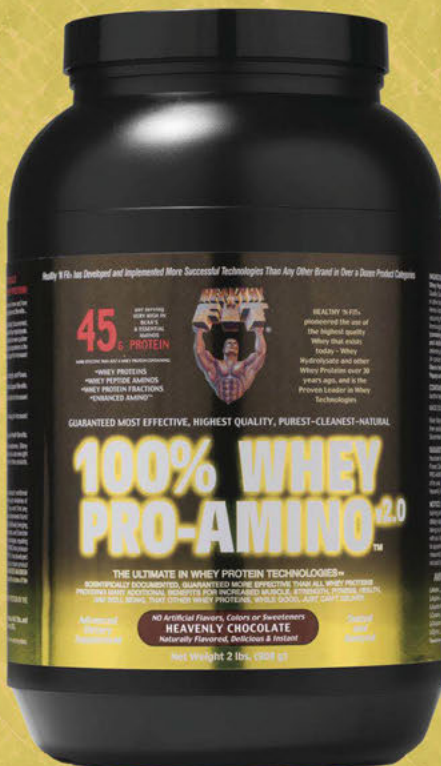
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1* WPA2 is guaranteed superior to all Whey Proteins. WPA2 consists of the Highest Quality Whey, including Whey Protein Isolate, Whey Hydrolysate Peptide Aminos and Efficacious Whey Protein Fractions.

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4* TheaMax™—Cortisol, also known as the "stress hormone" and "aging hormone" can be produced from stress in our lives and from intense training. Cortisol is in direct



opposition to your muscle and strength building goals and can actually burn your existing muscle— a bodybuilder's, athlete's or anyone's nightmare. THEA MAX™ is scientifically documented to nutritionally support reduced cortisol and protect and promote muscle and strength.

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7* WPA2 is the Purest, Cleanest, Natural GUARANTEED MOST EFFECTIVE Whey formulation and FREE OF artificial flavors, colors, sweeteners and gluten. Many brands call their products "pure" and "clean" even though they contain artificial ingredients—this type of misinformation sends up red flags for many who are concerned about what other types of inaccuracies these brands have with other claims they make, and with the overall effectiveness of their products.

8* Best Value—Other brands highest quality Whey's are only 1.6 lbs and 1.75 lbs. 100% WHEY PRO-AMINO™ v2.0 is available in full 2 lbs. and 5 lbs. sizes and is a GUARANTEED MORE EFFECTIVE formulation and is a BETTER VALUE at a savings of over 20%.

OTHER WHEY PRODUCTS "DIRTY LITTLE SECRETS"

TOP WHEY BRANDS #2-5 ANALYSIS

Brand #2 bases its company philosophy on how "pure" their whey isolate is, when in reality it's far from pure. The facts are that their whey isolate contains artificial flavors, sweeteners and colors, including Red 40, a suspected carcinogen (a substance that may cause cancer).

Brand #3 is a good whey protein and markets their product by including a precious metal in their product name, presumably hoping that it will make their whey product appear special. In addition, this brand states that their products are #1; the facts are that ingredients in 5 out of 6 products this brand claims to be examples of their innovation, were first implemented by HEALTHY 'N FIT®.

Brand #4 is a good whey protein; they are also an advocate of using a precious metal in their product name presumably hoping to create an impression of special quality for their whey products.

Brand #5 like Brand #2 bases their company/product philosophy on how "clean" their product is. Like Brand #2, it's not pure, clean or special.

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BODYWEIGHT BUILT (continued)

WORKOUT 3: *At-Home Full-Body Routine*

Eight rounds for time of:

Push-Up x 10 reps

Sit-Up x 12 reps

Bodyweight Squat x 15 reps

WORKOUT 4: *HIIT Cardio Routine*

Burpees, 30 seconds, as many reps as possible

Rest for 60 seconds*

Complete eight to 10 rounds.

Track your total reps and rounds and use as the standard for your next workout. *If you're highly conditioned, drop rest periods to 30-45 seconds.

Bodyweight Squat



Push-Up

"Besides the fact that subjecting the body to such a diverse group of exercises within minutes shocks the body and promotes well-rounded fitness, from a psychological standpoint it's nice to know that cardio drudgery doesn't await following your last lifting set."

CrossFit Infusion #4: Integrate Your Lifting And Cardio

WHY TO DO IT Most traditional resistance-based programs separate weight training from cardio, either doing them in completely different workouts or doing one after full completion of the other in the same session (that is, lift for an hour, then do cardio for 30 minutes). CrossFit, on the other hand, prefers to marry the two within WODs. Examples of this include the classic benchmark workouts "Helen" (400-meter run, kettlebell swings and pull-ups) and "Jackie" (1,000-meter row, thrusters and pull-ups). Besides the fact that subjecting the body to such a diverse group of

exercises within minutes shocks the body and promotes well-rounded fitness, from a psychological standpoint it's nice to know that cardio drudgery doesn't await following your last lifting set.

"Sometimes you're done with your workout and you don't really feel like going and doing your cardio intervals," says Ciresi. "But if you have sprints in the middle of other exercises it can be more mentally stimulating, for lack of a better word. By the time you're done you've covered a lot of ground running, gotten the heart rate to an excellent place for

burning calories, and completed both your lifting and cardio. I think you're getting more bang for your buck by mixing the two. If you're training for something specific like a race or powerlifting event, then that's different. But if we're talking about overall fitness, I think that's when the integration is really beneficial."

It's important to note that there's nothing inherently wrong with doing cardio separate from lifting. But combining the two is something to consider, particularly if you tend to slack on (or skip altogether) the cardio portion of your workouts.

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HOW TO DO IT Referring back to timed workouts (CrossFit Infusion #1), two effective ways to combine cardio and lifting include: 1) via short metcons following the strength portion of your workout, and 2) within chippers on

full-body days. And remember, cardio can be more than just running. Burpees, jumping rope and jumping jacks are all great for high-intensity intervals, and the stationary bike or rower also work well when done at sprinting pace.

MULTITASKING YOUR FITNESS

WORKOUT 1: *Short Metcon*

Following a strength workout...

Three rounds for time of:

Box Jump (12- to 20-inch box) x 20 reps

Burpee x 20 reps

Bodyweight Squat x 20 reps

Box Jump



Burpee



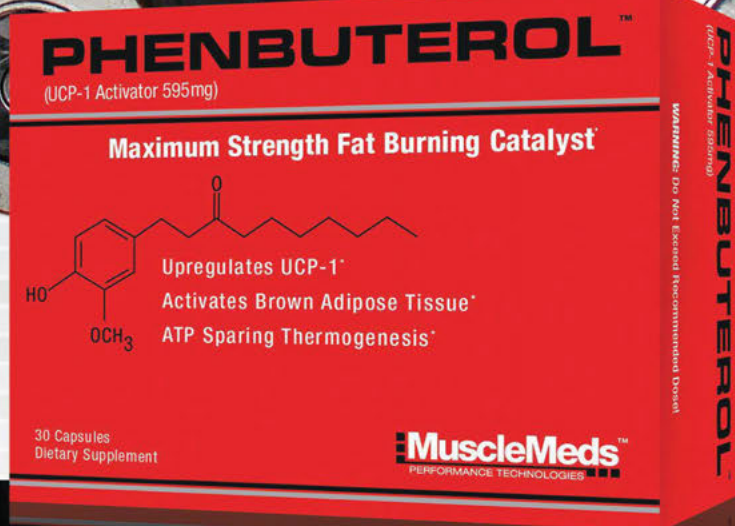
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MULTITASKING YOUR FITNESS (continued)

WORKOUT 2: Full-Body Chipper

Following a warm-up, do these exercises for time as a complete workout, resting as needed...

Run 400 meters

Three rounds of: Goblet Squat x 10 reps, Bench Press x 10 reps

Run 400 meters

Three rounds of: Pull-Up x 10 reps, Push Press x 10 reps

Run 400 meters

Three rounds of: Dumbbell Lunge x 12 reps (each side),

Incline Dumbbell Press x 12 reps

Run 400 meters

Three rounds of: Dumbbell Row x 12 reps,

Dumbbell Overhead Press x 12 reps

Run 400 meters

Three rounds of: Sit-Up x 15 reps, Back Extension x 15 reps ■

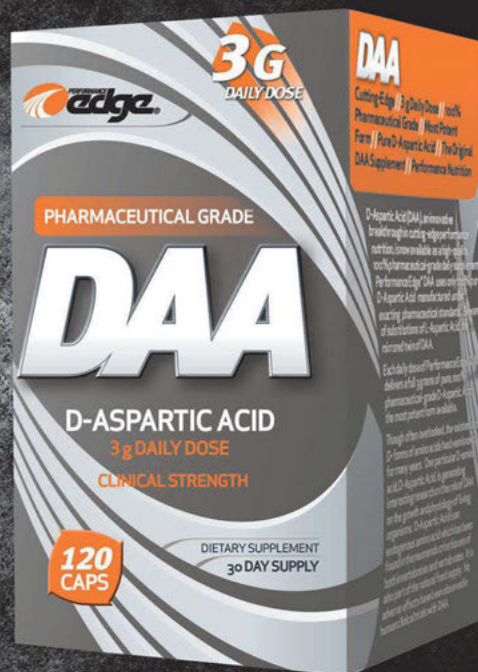


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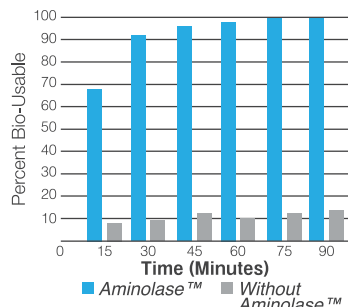


Figure 01

Stomach Discomfort After Protein Ingestion

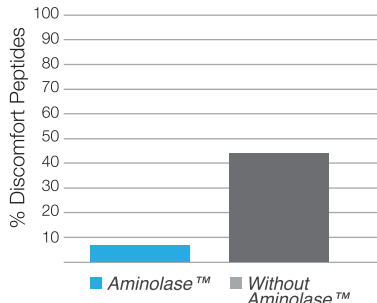


Figure 02



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**Salads guaranteed
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while dishing up
a wealth of lean-
body benefits.**

BY MATTHEW KADEY, MS, RD

[SALAD]

It's easy to dismiss salads as little more than a light lunch or dinner sidekick; they're seldom the star of a meal. But these recipes prove that when you compost the limp lettuce and instead toss together bright vegetables, healthy proteins and inspiring dressings (read: no more bottled ranch), salads can indeed fill your belly and show your physique some serious love.



BANI

THE RECOVERY SALAD

Steak Farro Salad with Blueberry Vinaigrette



INGREDIENTS

SALAD

- $\frac{3}{4}$ cup farro
- 12 ounces sirloin or flank steak
- 6 cups baby kale
- 1 yellow bell pepper, cored and thinly sliced
- $\frac{1}{2}$ cup thinly sliced red onion
- 1 pint cherry tomatoes, halved
- salt and pepper to taste

DRESSING

- $\frac{1}{2}$ cup fresh blueberries
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 garlic clove, chopped
- salt and pepper to taste

GARNISH

- 4 ounces soft goat cheese or blue cheese, crumbled
- $\frac{1}{2}$ cup fresh blueberries

Who would've thought that a salad could kick-start postworkout muscle recovery? This dynamic duo of steak and chewy whole-grain farro provides the necessary protein and carbs weary muscles crave. Blueberries, meanwhile, supply a wallop of antioxidants to further help recharge depleted musculature. And the true beauty of baby kale is that it's less bitter than its grown-up counterpart and there's no chopping required. Look for it near other packaged greens in your local market.

- 1 Place farro, 2 cups of water and a pinch of salt in a medium saucepan. Bring to a boil, reduce heat and simmer covered 30 minutes, or until tender. Drain excess water and let cool.
- 2 Meanwhile, season steak with salt and pepper. Grill or pan sear to desired doneness. Let rest five minutes and slice thin.
- 3 Divide kale, bell pepper, onion and tomatoes among serving plates. Top with farro and steak.
- 4 For dressing, blend together blueberries, 2 tablespoons of water, olive oil, balsamic vinegar, mustard, garlic, and salt and pepper.
- 5 Top salad with dressing, and garnish with cheese and blueberries.

Nutrition Facts (per serving)

509 calories, 40 grams protein, 43 grams carbs, 20 grams fat

THE PERFECT LUNCH SALAD

Chicken Pizza Salad in a Jar

INGREDIENTS

SALAD

- 2 whole-grain flatbreads
- 2 small zucchini
- 4 cups chopped rotisserie chicken
- 1 yellow or orange bell pepper, cored and chopped
- 4 ounces bocconcini or chopped fresh mozzarella
- $\frac{1}{3}$ cup sliced pitted Kalamata olives
- 4 cups baby spinach or arugula

DRESSING

- $\frac{1}{4}$ cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons water
- $\frac{1}{4}$ cup oil-packed sun-dried tomatoes
- 1 garlic clove, chopped
- 1 teaspoon dried oregano
- $\frac{3}{4}$ teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon black pepper

Not just for Volvo-driving soccer moms, the Pinterest-fueled trend of salads in a jar is something we should all embrace. Packing salads in jars — such as this protein-rich, pizza-inspired version — lets you prepare several servings ahead of time that are easy to transport to the office or gym, minus the soggy greens.

- 1 Preheat oven to 350 degrees. Brush flatbreads with oil, place on a baking sheet and bake until golden and crisp, about 10 minutes. Let cool, then chop into pieces.
- 2 Using a blender, puree all dressing ingredients until smooth, adding more oil or water if needed. Divide dressing among four large, wide-mouth glass jars.
- 3 Using a vegetable peeler, shave zucchini into thin ribbons. Divide zucchini, chicken, bell pepper, cheese, olives, spinach or arugula and bread pieces among jars in that order and seal shut. Chill and use within four days.
- 4 To serve, pour salad onto a serving plate or stir together the jar's contents and dig in.

Nutrition Facts (per serving)

434 calories, 31 grams protein, 16 grams carbs, 29 grams fat



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THE PERFORMANCE-BOOSTING SALAD

Roasted Beet Quinoa Salad

60 MINUTES

4 SERVINGS

INGREDIENTS

SALAD

- 1 pound medium red beets, ends trimmed
- 2 cups cooked quinoa
- 1 cup canned chickpeas, rinsed and drained
- 2 carrots, peeled and shredded
- 2 apples, cored and thinly sliced
- 4 cups baby spinach

DRESSING

- 3 tablespoons extra virgin olive oil
- 2 tablespoons maple syrup
- Juice of 1 orange
- 1 shallot, minced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

GARNISH

- 2 ounces feta cheese, diced
- 4 tablespoons chopped walnuts

Salads have long been considered health food, but this one can also rev up your workouts. The bounty of nitrates found in beets and spinach has been shown in multiple research papers to boost exercise performance by improving blood vessel dilation and blood flow. The result is improved delivery of oxygen and nutrients to working muscles.

- 1 Preheat oven to 400 degrees. Individually wrap beets in aluminium foil and bake until easily pierced with a knife, about 45 minutes. Unwrap, let cool, peel and slice thin. (Wear plastic gloves when working with beets if desired.)
- 2 In a large bowl, combine beets, quinoa, chickpeas, carrots and apples.
- 3 Whisk together all dressing ingredients, then toss with beet mixture.
- 4 Place spinach in serving bowls and top with beet salad. Garnish with cheese and walnuts.

Nutrition Facts (per serving)

443 calories, 14 grams protein, 57 grams carbs, 20 grams fat

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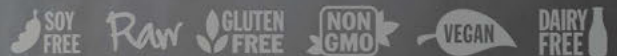
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THE FAT-FIGHTING SALAD

Salmon Lentil Salad with Yogurt-Dill Dressing

INGREDIENTS

SALAD

- $\frac{3}{4}$ cup dry French (Puy) lentils
- 1 pound skinless salmon fillets
- 4 cups arugula
- 1 pint cherry tomatoes, halved
- 1 cucumber, diced
- 1 mango, peeled, pitted and diced
- 1 avocado, peeled, pitted and diced
- 2 scallions, thinly sliced

DRESSING

- $\frac{1}{2}$ cup plain, 2 percent yogurt
- 2 tablespoons extra virgin olive oil
- 2 tablespoons chopped fresh dill
- 2 teaspoons capers
- 1 teaspoon lemon zest
- 1 garlic clove, minced
- $\frac{3}{4}$ teaspoon black pepper

■ This stand-alone salad is rich in two essential waist whittlers: omega-3 fatty acids courtesy of salmon and dietary fiber in lentils. Not only is this salad a welcome departure from iceberg and Italian, but you can rest assured that each bite is loaded with muscle-building, fat-fighting protein.

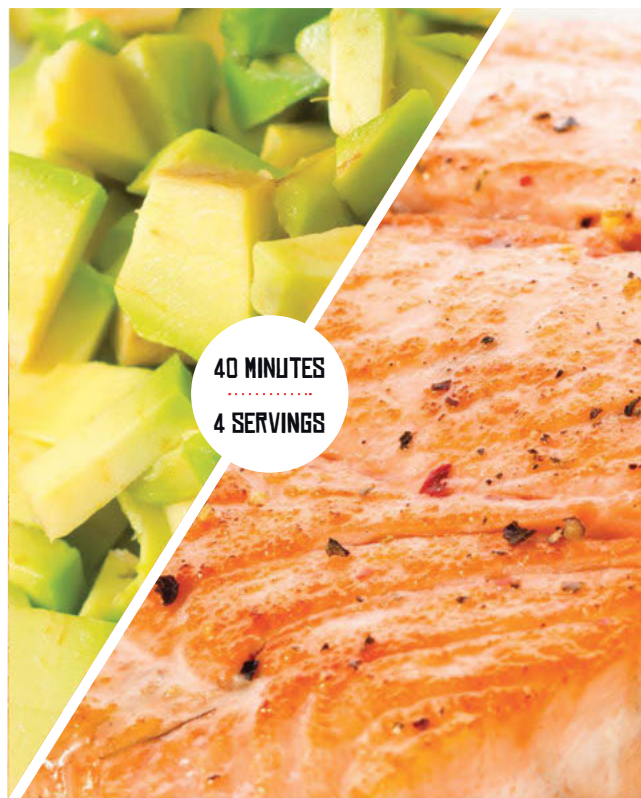
① Place lentils and 4 cups of water in a saucepan. Bring to a boil and simmer covered until tender, about 25 minutes. Drain excess water.

② Meanwhile, place salmon and a few pinches of salt in a large saucepan, adding enough water to cover fish by about 2 inches. Bring to a very light simmer with just a few bubbles breaking the surface; cook eight minutes or until fish is cooked through. Remove fish with a slotted spoon and gently break apart flesh with a fork.

③ Toss together the lentils, arugula, tomatoes, cucumber, mango, avocado and scallions. Whisk together all dressing ingredients. Place lentil mixture on serving plates, then top with salmon and dressing.

Nutrition Facts (per serving)

487 calories, 40 grams protein, 37 grams carbs, 23 grams fat ■



GET YOUR BODY BACK!

PERFORMANCE NUTRITION FOR MEN OVER 40!

FACT: As men age, they can lose 8% of muscle mass per decade. By the time you turn 60, you can lose 25% of your muscle mass.

AMIDREN BUILDER: Lean Muscle Reactivator – The reason men lose muscle mass as they age is attributed to a natural change known as sarcopenia (age-associated muscle loss). Your muscles now suffer from “anabolic resistance” and excess catabolism, and fail to respond to exercise and good nutrition like they used to. It’s as if your muscles have gone dormant. AMIDREN BUILDER contains clinically researched ingredients to help reactivate your muscles to combat the effects of sarcopenia and restore the muscle building, strength and performance you had in your prime.

FACT: The loss of muscle mass and subsequent decrease in metabolism causes an increase in body fat in men over 40.

AMIDREN BURNER: Energy & Metabolism Reactivator – As men age, key metabolic functions and fat burning enzymes begin to decline. As a result, the release, transport and burning of fat for energy slows down, making it more and more difficult to lose weight. Medical researchers call this age-associated weight gain and it affects millions of men, beginning to develop as early as your mid-30s. AMIDREN BURNER uses an advanced release-transport-burn RTB Lipid Kinetics Technology and potent, clinically researched ingredients to help reactivate your metabolism so you can effectively lose body fat.

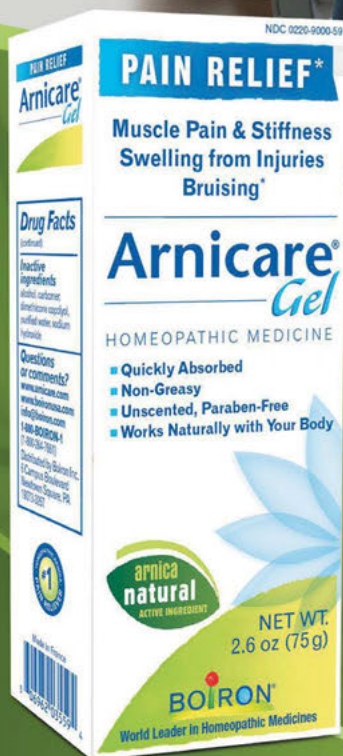


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THE A-Z ON VITAMIN

Understanding how the B vitamins work in the body can help you maximize both health and performance.

BY DWAYNE JACKSON, PHD

In the large and storied family tree of lettered vitamins, you're probably most familiar with C and its connections to immune function. Yet B vitamins may be even more ubiquitous, headlining as a star player in many supplements for their ability to add a little pep to your step. B vitamins do more than just boost energy levels, however. There's a lot more to know — and be wary of — when using them to support your training goals.

B complex vitamins are a group of water-soluble vitamins that exist together in many food sources. They work to support metabolism by acting as coenzymes that convert protein and carbohydrates into energy in the body. They also maintain skin and muscle tone, support the immune system, maintain nerve function and support cellular growth. The B complex vitamins are best supplemented in a formulation that contains them all in balance, and most daily multivitamins created for athletes include an abundance of B complex vitamins.

Supplement research over the years has noted the importance of

B vitamins in exercise performance, primarily due to their involvement in energy production. The general population's vitamin and mineral needs are met with a healthy, well-balanced diet, yet the latest evidence suggests that many athletes are vitamin deficient and likely unaware of being so. These deficiencies — especially in strength athletes and those who follow bodybuilding-style routines — are predicted to occur for several reasons:

- 1> They tend to follow strict and limited diets with very little variety, especially during the competitive season.
- 2> The body's energy-producing metabolic pathways are pushed to the limit during intense training. As such, the requirements for some of the vitamins used in these pathways may increase.
- 3> As the body's metabolism adapts to heavy training, micronutrient requirements tend to increase.
- 4> Exercise can lead to a loss of micronutrients in sweat, urine and feces.

5> Vitamin requirements increase with greater muscle mass.

If you can relate to any or all of these five points, read on to find out more about B vitamins and how you can use them to keep your program on track. With each one we include the recommended doses for both general health and athletic types, including those of us who like to lift heavy things up and then put them back down.

THIAMINE (B1) maintains metabolism and promotes cells' ability to produce energy from carbohydrates. It also plays a role in muscle contraction and conduction of nerve signals.

Sources: Legumes, liver, pork, whole grains

Signs of deficiency: Confusion, edema, impaired growth, muscle weakness and wasting, weight loss. Drinking alcohol can deplete the body's thiamine levels.

Recommended daily allowance: 1.2 milligrams

Recommended athletic dose: 100 milligrams twice daily

RIBOFLAVIN (B2) promotes carbohydrate metabolism and fatty acid oxidation (fat burning), and maintains healthy skin and vision.

Sources: Eggs, green vegetables, liver, milk, whole-grain products

Signs of deficiency: Cracks in lips, inflammation of tongue, sensitivity to sunlight

Recommended daily allowance: 1.3 to 1.7 milligrams

Recommended athletic dose: 100 milligrams twice daily

NIACIN (B3) helps the digestive system, skin and nerves to function properly. It is important in the process by which food is metabolized to produce energy. Some research suggests that taking too much niacin blunts fat burning during aerobic exercise. Yet when taken in adequate daily doses it may reduce cholesterol, enhance thermoregulation and improve energy availability during exercise.

Sources: Dairy products, eggs, enriched breads and cereals, fish, lean meats, legumes, nuts

Signs of deficiency: Niacin deficiency leads to a disease called pellagra, manifesting as digestive problems, inflamed skin and mental impairment.

Recommended daily allowance: 16 milligrams

Recommended athletic dose: 100 milligrams twice daily



Stick to the recommended doses. **NIACIN IS ONE OF THE FEW B VITAMINS THAT IS HARMFUL WHEN TAKEN IN EXCESS.** Overdose can cause liver damage, peptic ulcers and skin rashes.

PANTOTHENIC ACID (B5) is an underrated player in the B family. It acts as a coenzyme for acetyl coenzyme A (acetyl CoA), which plays a central role in energy production and metabolism. In addition, B5 is important in the breakdown of fats and carbohydrates for energy, and is critical to the manufacture of red blood cells as well as sex and stress-related hormones produced in the adrenal glands (situated atop the kidneys). Vitamin B5 helps to maintain a healthy digestive tract and assists the body in the use of other vitamins, particularly B2 and riboflavin.

Sources: Avocado, beef (especially organ meats such as kidney and liver), broccoli, cauliflower, chicken, corn, duck, egg yolk, kale, legumes, lentils, lobster, milk, peanuts, salmon, soybeans, sunflower seeds, sweet potatoes, tomatoes, turkey, whole grains

Signs of deficiency: Burning feet, depression, fatigue, insomnia, irritability, stomach pains, upper respiratory infections, vomiting

Recommended daily allowance: 5 milligrams

Recommended athletic dose: 100 milligrams twice daily

PYRIDOXINE (B6) promotes protein metabolism and absorption, helps with red blood cell production and enhances fat metabolism. B6 is needed for the production of serotonin in the brain, which increases focus and mental health. It is also involved in norepinephrine production in the body, which regulates blood flow to skin and muscle, and fat metabolism in fat cells.

Sources: Dairy products, green leafy vegetables, legumes, liver, pork, whole grains

Signs of deficiency: Anemia, cracks in lips, kidney stones, nausea, skin disorders

Recommended daily allowance: 1.3 milligrams

Recommended athletic dose: 100 milligrams twice daily

BIOTIN (B7 or H) is important in cell growth and metabolism of fats and amino acids. It has been shown to increase insulin sensitivity and help regulate blood glucose levels.

Sources: Almonds, carrots, eggs, on-

ions, peanuts, salmon, sweet potatoes, tomatoes, walnuts

Signs of deficiency: Biotin deficiency is rare, since the body's intestinal bacteria can produce it. However, eating raw egg whites (sorry, Rocky) can decrease biotin levels in the body, and a few digestive diseases may limit the body's biotin production and absorption, leading to conjunctivitis (pink-eye), depression, dermatitis, hair loss, hallucination, numbness and tingling of the extremities, and tiredness.

Recommended daily allowance: No RDA established

Recommended athletic dose: 300 micrograms twice daily

FOLIC ACID (B9 or M) is key in DNA (gene) synthesis and repair, and is an important contributor to protein metabolism and red blood cell formation. It is especially vital under conditions of rapid cell division and growth, which is why women are advised to take it during pregnancy. Finally, folic acid decreases homocysteine levels, reducing the risk of heart disease.

Sources: Bananas, beef (especially organ meats such as kidney and liver), green leafy vegetables, legumes, lemons, melons, orange juice

Signs of deficiency: Anemia, confusion, depression, diarrhea. Drinking alcohol can deplete the body's folic acid levels.

Recommended daily allowance: 400 micrograms

Recommended athletic dose: 400 micrograms twice daily

COBALAMIN (B12) is a coenzyme involved in the production of serotonin and DNA, the latter of which makes B12 an important player in protein and red blood cell synthesis. Adequate vitamin B12 is needed for increasing muscle mass and the oxygen-carrying capacity of blood, and decreasing anxiety.

Sources: Beef (especially organ meats such as kidney and liver), eggs, fish, milk, oysters, shellfish

Signs of deficiency: Anemia, neurological disorders, numbness in fingers or toes

Recommended daily allowance: 2.4 micrograms

Recommended athletic dose: At least 100 micrograms twice daily ■

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MAXIMIZES ENERGY, IMPROVES FOCUS,

ENHANCES PUMPS



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 PRIMENUTRITION
THE BEST OR NOTHING



PRECRE

Muscle Elements is upping the ante in the pre-workout category with its new multifunctional formula.

THE TEAM AT MUSCLE ELEMENTS (Me) sought to create a preworkout supplement that would deliver *all* the elements it should, one that they would be excited to take themselves. They believe the products that previously filled the pre-workout category were simply inadequate, following a trend over the past several years of being high-stimulant and low every-

thing else. Choosing to buck the trend of weak, 4- to 6-gram serving sizes, the team at Me created a checklist of what the body needs before training to maximize one's efforts in the gym.

✓ FULL DOSAGES

PreCre's formula consists of a complex combination of 20.4 grams of scientifically dosed active ingredients.

✓ STRENGTH + POWER

PreCre contains the high range (3 to 5 grams) of pre-anaerobic studies of creatine at 5 grams per scoop. This amount of three different forms of creatine will create an environment for dramatic increases in strength and power from the very first workout.

✓ PUMP

PreCre delivers more than the almighty pump. It delivers noticeable, all-around muscle fullness from 10 grams of quick, novel carbs including 5 grams of cyclic dextrin combined with PTS Surge. Cyclic dextrin is a fast-digesting carbohydrate that has been shown to prolong endurance and reduce fatigue, while PTS Surge helps increase nitric oxide production. This combination promotes super glycogen compensation, which means muscles will be flooded with valuable glycogen at the very time they need it most.

✓ ENDURANCE

Your muscles being saturated with glycogen will also result in huge amounts of muscular endurance, allowing you to perform more reps and sets.

✓ FATIGUE PREVENTION

PreCre enables the body to maximize all of the creatine and carbohydrates by including ingredients such as beta-alanine, creatinol-o-phosphate, betaine and taurine to increase the body's rate limiting factor, fight lactic acid and increase carnosine concentration levels for maximum muscle output.

✓ ENERGY + FOCUS

The precise blend of 244 milligrams of caffeine and guarana combined with DMAE (di-methylaminoethanol) will provide a large amount of clean energy and mental focus with added electrolytes to maximize intercellular electricity and ensure that your muscles stay hydrated throughout your workout.

Basically, Muscle Elements brought a gun to a pre-workout knife fight with PreCre. Get your hands on this new breed of pre-workout and you'll experience results that your old one simply couldn't provide. Me built a better product to help build a better you. ■

Introducing the Missing Element in Sports Nutrition

Demand More From Your Pre Workout!



How Does Your Pre Workout Stack Up?

	PreCre	Yours
Intense Energy & Mental Focus*	YES	YES
Muscle Fullness & Pump*	YES	NO
Effective Science Based Doses*	YES	NO
Muscle Growth & Performance*	YES	NO
Post Training CRASH	NO	YES

SUPPLEMENT FACTS

Serving Size: 1 scoop (24g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value†
Calories	40	
Total Carbohydrate	10g	3%
Sugars	0g	0%
Calcium	150mg	15%
Magnesium	36mg	9%
Phosphorus	130mg	13%
Sodium	70mg	3%
GlycoPump Infusion Elements™		
Cyclic Dextrin	5,000mg	**
Modified Glucose Polymers	5,000mg	**
PTS-SURGE™ (Vitis vinifera)(Skins and Seeds)	100mg	**
(Standardized for 40% Proanthocyanadins)		
Tri-Cre Power Composite Elements™		
Creapure™(Creatine Monohydrate)	2,000mg	**
Creatine Monohydrate	2,000mg	**
Creatine HCL	1,000mg	**
Intracellular Capacity Amplifier Elements™		
Betaine HCL	1,500mg	**
Beta-Alanine (as CarnoSyn®)	1,200mg	**
Creatinol-O-Phosphate	500mg	**
Taurine	500mg	**
Mind-Muscle Activator Elements™		
N-Acetyl Tyrosine	500mg	**
Caffeine Anhydrous	200mg	**
Guarana Extract (Paullinia Cupana)(Seed)(22% Caffeine)	200mg	**
Disodium Phosphate	200mg	**
Dimagnesium Phosphate	200mg	**
Dicalcium Phosphate	200mg	**
DMAE (DimethylAminoEthanol Bitartrate)	150mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value Not Established.

SUPPLEMENT FACTS

Serving Size: 1 scoop (12.5g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value†
Calories	0	0%
Total Carbohydrate	0g	10%
Sugars	0g	10%
Calcium	100mg	10%
Magnesium	40mg	13%
Phosphorus	150mg	15%
Sodium	80mg	8%
Muscle Growth & Recovery Elements:		
Instant BCAA Blend 3:1:2	5000mg	**
L-Taurine	1000mg	**
Pump & Transport Elements:		
L-Citrulline	2000mg	**
AgmatMAX™(Agmatine Sulfate)	250mg	**
L-Histidine	125mg	**
L-Ornithine HCL	125mg	**
Grape Seed Extract 95%	75mg	**
Hydration & Endurance Elements:		
Disodium Phosphate	250mg	**
Dicalcium Phosphate	250mg	**
Dimagnesium Phosphate	250mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value Not Established.

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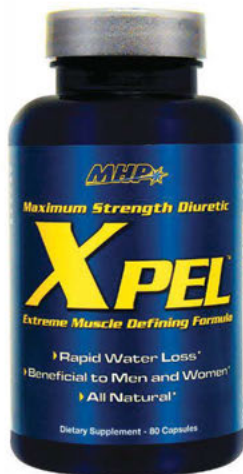
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PREMIER PRODUCTS

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< MHP XPEL

Xpel is an extremely powerful, all-natural diuretic designed to help your body dramatically eliminate excess water and make you look leaner almost instantly. Xpel supplies the proper balance of electrolytes to help maintain muscle fullness as you drop water weight and get visibly leaner.

DYMATIZE M.P.ACT >

M.P.Act is the ideal preworkout product to fuel your training. This muscle performance activator provides the energy, endurance and focus to get the most out of your workouts and delivers university-proven results. It supports a boost in energy, circulation, endurance, strength, recovery and focus. M.P.Act is performance-driven ... just like you!



< CAVEMAN BARS

Caveman Foods' great-tasting, Paleo-inspired nutrition bars provide healthy fuel to keep your body going at its primal best. Available in three delicious flavors, these bars are gluten-free, dairy-free, peanut-free and non-GMO. From the days of the caveman, this is what we're meant to eat.



OPTIMUM NUTRITION > GOLD STANDARD PRE-WORKOUT

Unleash amplified energy, focus and endurance support with premium banned-substance-free ingredients including caffeine, CarnoSyn beta-alanine and Creapure creatine monohydrate. With amazing fruit flavors, Gold Standard Pre-Workout is the perfect complement to the world's best-selling whey protein.



< NUTREX RESEARCH OUTLIFT

Outlift's complete preworkout formula contains 10 of the most advanced, clinically dosed ingredients with no fluff, no proprietary blend and no hype, just proven ingredients for proven results. Outlift will push your mind and body past their natural limits, eliminating plateaus for good.





< PRIME NUTRITION MAX-HP

Max-HP is the purest pre-workout available and is made without any artificial colors, flavors or dyes. By increasing blood flow to enhance anabolic activity, Max-HP is designed to meet the heightened metabolic needs of high-performance athletes.

BSN SYNTHA-6 >

This great-tasting, ultra-premium protein powder not only includes essential amino acids and essential fatty acids, but it's also an excellent source of fiber and contains 6 grams of fat per serving, which makes it a nutritious and multifunctional protein supplement. Syntha-6 is the go-to protein blend for any nutrition or exercise regimen.

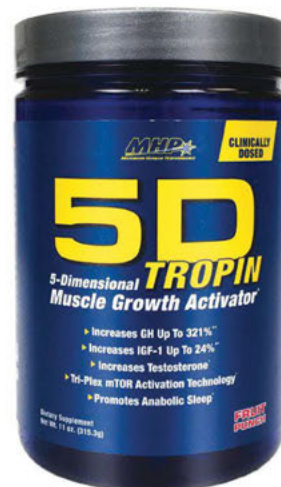


< NOVEX BIOTECH TESTROVAX

TestroVax is not your typical testosterone booster. Don't settle for average; TestroVax's clinically tested bioactive compound raised natural serum T levels in study subjects by 42 percent in just 12 days. Even three days after suspension of use, testosterone was still increased compared to baseline in the experimental group, showing a lasting effect.

MHP 5D TROPIN >

MHP's new 5D Tropin is a muscle growth activator that helps promote hypertrophy and induces deep anabolic sleep. Its advanced formulation uses clinically tested anabolic agents to augment five of the most powerful muscle growth activators: growth hormone (GH), IGF-1 (insulinlike growth factor), testosterone, mTOR and deep sleep.



< MUSCLETECH HYDROXYCUT HARDCORE NEXT GEN

All-new Hydroxycut Hardcore Next Gen delivers an intense sensory experience with a never-before-seen combination of unique ingredients such as *scutellaria*, *ophiopogon*, *guayusa* and *coleus*. Get 20 percent more free with the new 120-count bonus size, only available at The Vitamin Shoppe.

CELLUCOR C4 >

Take your training to the next level with Cellucor's Fourth Generation C4. This explosive pre-workout has evolved with new ingredients and a high-powered formula built for your most legendary workouts. C4 features the novel ingredient TeaCor for energy that hits like the first time, every time. ■



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All the bioactive compounds you need to amp up your focus, energy, and pump — in one scientifically formulated serving.

Some pre-workout supplements are designed better than others. Prime Preworkout Powder is optimized with an intensely concentrated amount of bioactive compounds in a single serving. You won't need two and three scoops to reach your prime workout state. Now you can go after it longer, and your supply will last longer, too.

- One of the highest rated pre-workout formulas, now with a delicious new flavor and sensory experience.
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5 WAYS TO LOSE 10 POUNDS FAST

Need to get the scale moving in a hurry? Use these last-minute strategies to (safely) drop double digits in just a week.

BY ANTHONY J. YEUNG, CSCS



Summer has arrived. It's time to put the finishing touches on your beach body and show off all the hard work you've put in this year. And if you're struggling to lose those last few pounds of fat, you need to crank your fat loss into overdrive. Instead of trying the same old tired — and sometimes dangerous — fads, follow our five simple and proven rules to drop 10 physique-obscuring pounds in just seven days.

1 CARBS ONLY AFTER TRAINING

Completely eliminating carbohydrates from your diet, as some might attempt when trying to lose weight, will almost certainly work against you because carbs give you the fuel you need to train hard. Without them, your workouts — and therefore your results — will likely suffer. Even when you want to get lean, starchy carbohydrates such as rice and potatoes are vital. **Stick to clean carbs and limit them to the window immediately after you blast your body with heavy strength exercises and/or cardio** to ensure that they are used specifically for recovery and growth.

Note: Don't carry this approach beyond this one-week window.

2 HIIT AND HEAVY

If you want to burn fat quickly, crank up your training and cardio another notch. But instead of doing too much isolation work or drastically increasing your sets and reps, **use fat-torching circuits that target all your muscles simultaneously.** For example, create a circuit of squats, dumbbell bench presses, rows and chin-ups, and do each exercise for 30 seconds followed by 30 seconds of rest before moving to the next exercise. This addresses more total muscle, elevating your metabolism and triggering a greater release of physique-slimming hormones such as testosterone and growth hormone.

In addition, choose high-intensity interval styles of cardio rather than spending long hours on the treadmill. While sprints work, you can also use an Airdyne bike, rowing machine or sled and do max-effort intervals of 30 seconds on, 30 seconds off. Shoot for a total of 10 to 15 intervals per session. Researchers from the University of New South Wales found that HIIT exercise leads to more fat loss than steady-state exercise. Put simply, crank up the intensity — not just the volume — to maximize the fat burn.

3 INTERMITTENT FASTING

Intermittent fasting (IF) increases the duration between meal times. As counterintuitive as it sounds, skip breakfast for the next few days and eat your first healthy meal of the day in the afternoon. Research published in *The American Journal of Clinical Nutrition* found that IF increases fat oxidation. And when combined with a calorie-restricted diet, that **fasting leads to a significant amount of weight loss**, without adversely affecting metabolism. One study showed a single-day, water-only fast could produce a 3-pound loss.

4 TAKE FISH OIL

Fat-burning supps such as caffeine and carnitine get all the attention, but adding fish oil to your supplement regimen can actually help burn more fat. Taking fish oil while following an exercise program **spikes fat oxidation, and improves body composition and cholesterol numbers.** A study in the *Journal of the International Society of Sports Nutrition* found that taking fish oil also causes an extra drop in fat mass and an increase in muscle gain. For the next week only, significantly boost your fish oil intake to 1 gram per 1 percent of body fat, up to about 20 grams in three to four separate doses. From there, back off to three 2- to 3-gram servings per day.

5 DRINK COFFEE OR GREEN TEA

Caffeine is a powerful supplement for those looking to burn fat quickly. It boosts lipolysis and fat oxidation, and reduces glycogen breakdown. It also acutely increases strength, helps to delay the onset of fatigue and blunts pain, allowing you to train harder for longer, which equates to more calories burned.

British scientists also found that green tea, by itself, **creates higher fat oxidation and better insulin sensitivity**, likely due to its epigallocatechin gallate (EGCG) content. EGCG inhibits an enzyme that breaks down norepinephrine, which helps promote greater fat-burning and calorie expenditure. For breakfast during your intermittent fast, drink coffee or green tea without any cream, sugar or extra flavoring, or take a supplement containing 200 to 400 milligrams of caffeine and 500 milligrams of green tea extract. ■

SO YOU WANNA GET BIG?

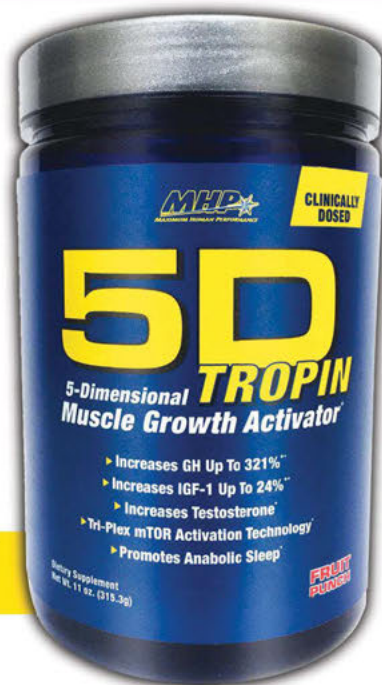


**Increases GH Up to 321% • Increases IGF-1 Up to 24% • Increases Testosterone
Powerful Anabolic mTOR Activator • Induces Deep Anabolic Sleep**

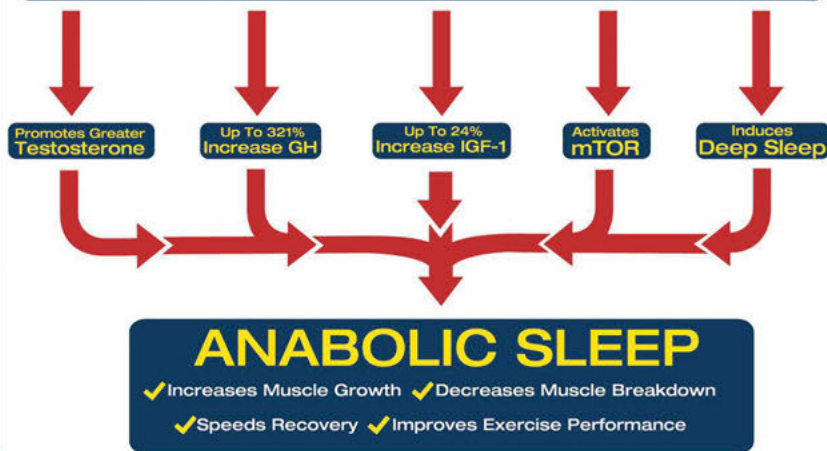
The World's ONLY 5-DIMENSIONAL MUSCLE GROWTH ACTIVATOR

Welcome to the new frontier of muscle growth with 5D-TROPIN, the world's first 5-Dimensional Muscle Growth Activator! 5D-TROPIN introduces an all new muscle building phenomenon called Anabolic Sleep, which triggers powerful surges in four of the body's most potent muscle growth activators: GH, IGF-1, testosterone and mTOR. Increasing the levels of these key muscle growth activators while your body is at rest is the most opportune time to accelerate muscle growth and recovery far beyond your normal capabilities. 5D-TROPIN is a powerful formula, precisely dosed with efficacious, clinically researched ingredients that have been shown to increase GH up to 321% and IGF-1 up to 24%, while also increasing testosterone and activating the anabolic mTOR pathway.

5D-TROPIN induces a deep Anabolic Sleep and bolsters an anabolic cascade in which the protein kinase mTOR rapidly triggers an increase in muscle protein synthesis. Simultaneously, the anabolic hormones and growth factors GH, IGF-1 and testosterone bind to DNA inside your muscles, leading to the production of key anabolic genes that help promote extreme muscle growth and recovery. Now, with 5D-TROPIN you have the ability to augment nature's most powerful muscle growth regulators and experience muscle building gains like never before.



CLINICALLY DOSED 5D-TROPIN 5-DIMENSIONAL MUSCLE GROWTH ACTIVATOR



**CLINICALLY
DOSED!**

- ▶ **Testosterone** is an anabolic hormone that binds to DNA in your muscle and increases the amount of muscle building genes.
- ▶ **Growth Hormone (GH)** also increases muscle building genes and functions as a "tropin" hormone – a hormone that increases other anabolic hormones. Principally, GH increases IGF-1.
- ▶ **IGF-1** is a powerful growth factor that increases "satellite cells," which help damaged muscles to repair and grow faster.
- ▶ **mTOR** is an anabolic protein kinase in muscle that regulates and "turns on" protein synthesis.
- ▶ During **Deep REM Sleep** (rapid eye movement) your body becomes extremely sensitive to anabolic nutrients and growth factors, meaning your body is primed to receive the anabolic nutrients supplied by 5D-TROPIN.



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ISO-100® from Dymatize. What's in it? 25 grams of 100% whey protein isolate and 5.5 grams of branched-chain amino acids (BCAAs). What's in it for you? Better performance. Maximum muscle growth. And faster recovery times. Use it before and after your workouts. Because every workout counts.

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N U T R I T I O N



PROTEIN	SUGAR	FAT
25g	<1g	.5g